**(Core beliefs act like a lens through which we view a situation)**

**Core Beliefs**



**Situation**

**Different Emotions Motivate Us To Do Different Things** – Emotions make us want to act:

**Behaviours  
(New Behaviours)**

**Emotions   
(New Emotions)**

**Bodily Sensations**

\*Assuming the worst  
 Jumping to conclusions  
 Everything revolves around me?

**Thoughts\*  
(Revised thoughts)**

|  |  |  |  |
| --- | --- | --- | --- |
| Image result for face emoji | Joy, Happiness and Contentment motivates us to join in, take part, share | Image result for face emoji  Image result for face emoji | Shame motivates us to hide away |
| Image result for face emoji | Fear and anxiety motivates us to get away |  | Disgust motivates us to withdraw, keep a distance |
| Image result for face emoji | Sadness and grief motivates us to withdraw, brood, ruminate | Image result for face emoji  Image result for face emoji | Compassion or empathy motivates us to offer comfort, to be with |
| Image result for face emoji | Lonely. Feeling, disconnected and unwanted. Unable to communicate things that seem important to you |  | Anger and aggression motivates us to attack, lash out, stand up for ourselves |

**Body feelings are associated with different emotions –** As human beings we don’t just feel emotions in our heads; we feel them with our bodies too.

When we are ANGRY our body feels tense, energised

When we are HAPPY our body feels light, energised

When we are SAD our body feels heavy, tired, slow

When we are EXCITED our body feels jittery, butterflies in our stomach, quicker breathing

When we are ANXIOUS our body feels jittery, butterflies in our stomach, quicker breathing

